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MAIN EVENT MESSAGE NOTES AND INTERACTIVE PDF

Guarding the Heart

Guarding the heart is part of stewarding the life God has given us. His Word keeps the fire on the altar burning and trains us to recognize offense, false teaching, misplaced expectations, and careless speech before they choke what He planted. A clean heart stays teachable, casts its cares on the Lord, trusts His thoughts of peace, and lets Him scrub the hidden places until springs of life come through the mouth. Faithful stewards keep growing, keep serving, and let the Word they carry flow outward into their homes, church, work, and schools.

SERMON TITLE	MINISTER
Guarding the Heart	Pastor Jason Gillick
DATE	PRIMARY SCRIPTURE
Sunday, October 4, 2026	Proverbs 4:20-23

TOPICS [Guard Your Heart](#) | [Stewardship](#) | [Word of God](#) | [Faithfulness](#) | [Offense](#)

NOTES

Truth to carry into the week.

01 Steward the life God gave you.

- God has entrusted you with a life, a heart, relationships, work, resources, and a place in His house. **Faithfulness means tending what He gave instead of ignoring the overgrown places.**
- The work is first between you and the Lord. Others can encourage and pray, but you must let Him search and steward your heart.
- Do not confuse delay or resistance with abandonment. Adjust, get back up, and keep moving toward His purpose.

"We have the responsibility to steward this life that He's given us."

STUDY [1 Corinthians 4:1-5](#); [Jeremiah 29:11-13](#)

02 Keep the altar fire burning.

- God started the fire, but the priests had to keep adding fuel. **Your fellowship with the Holy Spirit must be tended, not assumed.**
- Church attendance alone cannot keep the fire alive. Engage the Spirit, engage the Word, and let truth work inside you.
- Guarding the heart protects the place where relationship with God stays living, fresh, and responsive.

“You’ve got to keep that fire burning on the altar of your heart.”

STUDY [Leviticus 6:12-13](#); [1 Corinthians 6:19](#); [1 Timothy 6:20-21](#)

03 Refuse the wet blanket of offense.

- Arguments, false teaching, harsh correction, and public conflict can cloud the heart. **Test what you hear by Scripture and fellowship with the Author for yourself.**
- Correction must come through humility and love, never irritation or the desire to attack.
- Offense smothers spiritual fire. Bring anger to God until the heart is clean enough to speak truth without devouring people.

“Offense, I mean that is like a wet blanket on a fire.”

STUDY [1 Timothy 6:20-21](#); [Galatians 5:15](#); [Ephesians 4:15](#)

04 Let the Word clean the heart.

- Give God's words your attention and keep them in the center of your heart. **His truth brings life, healing, and health when it is welcomed and lived.**
- Invite Him into every dusty corner. Let Him remove lies, old pain, careless speech, and whatever has made the heart hard.
- The mouth reveals what the heart has been holding. Ask Him to make your words a source of blessing, health, and healing.

“Watch over your heart with all diligence, for from it flows the springs of life.”

STUDY [Proverbs 4:20-23](#); [Psalm 119:11](#); [Romans 12:2](#)

05 Put your expectation on God.

- Trust Him with the whole heart instead of leaning on your own understanding. **He can straighten the path and remove what blocks the way.**

- A spouse, friend, boss, or pastor cannot carry expectations that belong to God. Misplaced expectations breed disappointment and offense.
- Bring the burden back to Father. Cast it again whenever the weight returns, and stay persistent without growing weary.

“We can't put an expectation that is supposed to be on God on someone else.”

STUDY [Proverbs 3:5-6](#); [1 Peter 5:7](#); [Luke 18:1-8](#)

06 Keep the Word flowing outward.

- Growth is meant to produce service. **When the Word fills you, it should reach your children, grandchildren, coworkers, neighbors, and people who need discipleship.**
- Stay focused on the Kingdom. Ask what measure of teaching, serving, discipling, or reconciliation God has placed in your hands.
- Good and faithful stewards do not remain seated. They keep growing and carry what God has given them into the work He prepared.

“If you're full of the Word, it's got to come out.”

STUDY [Hebrews 5:12](#); [2 Corinthians 5:18-20](#); [Galatians 6:9](#)

SCRIPTURE INDEX - NKJV

Read the Word in context.

Jeremiah 29:11-13	2 Corinthians 12:9	John 14:27
Philippians 4:7	James 4:6	Hebrews 4:16
1 Peter 5:7	Luke 18:1-8	Galatians 6:9
Psalm 139:13-18	Proverbs 13:12	Romans 8:1
Romans 8:31	Psalm 119:11	1 Corinthians 4:1-5
Leviticus 6:12-13	1 Corinthians 6:19	1 Timothy 6:20-21
Galatians 5:15	Ephesians 4:15	Proverbs 4:20-23
Philippians 2:13	3 John 1:2	Proverbs 3:5-6
Hebrews 5:12	2 Corinthians 5:18-20	

How will you put the Word into practice?

What part of your heart or life has God entrusted to you that needs faithful attention again?

What offense, burden, or misplaced expectation is trying to smother the fire in your heart?

What has your mouth been revealing about what your heart is holding?

Where is God asking you to let His Word flow outward through service, teaching, or discipleship?
